

# MAAC GROUP FITNESS



**Casual Group Fitness** \$10 per class  
**15 Class Pack** \$105 (\$7/class)  
**Members**  
**Casual Group Fitness** \$5 Per class  
**15 Class Pack** \$60 (\$4/class)  
**Plus Membership** \$10 extra a week  
 (Unlimited classes)  
[www.maac ltd.com](http://www.maac ltd.com)

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FEB '19	MON	TUES	WED	THURS	FRI
6:15am	HIIT (45 mins)	Raise the Bar (45 mins)	Step (45 mins)	Raise the Bar (45 mins)	Freestyle Friday
9:15am	Rollates (45 mins)	Bodyflow (45 mins)	Pilates (45 mins)		
10:30am	Aqua (45 mins)		Aqua (45 mins)		Aqua (45 mins)
5:30pm	Raise the Bar (60 mins)	M30 (30 mins)	Pilates (45 mins)	M45 (30 mins)	Sun 4pm Yoga (60 mins)
6:15pm		Bodyflow (45 mins)			Timetable Feb 2019

Let the enthusiasm and energy of the group be your fuel

**M30** a cardio & conditioning program consisting of a mix of aerobic & strength exercises. Each class you will experience different exercises & timing to achieve incredible results.

**AQUA** water based class designed to improve cardio fitness, muscular strength & endurance; without impact on your joints, making our aqua workouts safe & fun.

**RAISE THE BAR** full body workout, that will smash calories, tone & shape your entire body, using weights. High reps & overload effect - the ultimate conditioning workout.

**STEP** aerobic exercise distinguished from other types of exercise by its use of an elevated platform, the step. The height can be tailored by adjusting the risers under the step.

**PILATES** combination of stretch & strength exercises to improve your balance, flexibility & core through the development of postural strength & skeletal stability.

**ROLLATES** is an action packed core workout using all Pilates based exercises performed with the Foam Roller apparatus. Great for your weekly core express session.

**YOGA** is a mobility based session combining postures & breathing exercises, used to build physical strength & flexibility. Aids in relaxation & reducing stress.

**BODYFLOW** combines a fusion of Yoga, Tai-chi and Pilates choreographed to music. To improve your posture, balance, flexibility and assist you in finding your inner calm.

**HIIT** (High Intensity Interval Training) accelerates fat burning through high intensity cardio. You control intensity & ultimately any improvements in power or fitness.

**FREE STYLE FRIDAY**  
If spin is not your thing come along to finish off the week with a challenge. The instructor & format will be announced in the Centre, on Facebook & Instagram.

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Offering massages, facials and beauty treatments with a 10% members discount